

## Remember to Use Teach-Back With All Patients

Did you know over 1/3 of the adult population has limited health literacy?

Why does that matter? Limited health literacy is associated with medication errors, increased healthcare costs, and inadequate.

What can you do? Use teach-back! Ask patients to explain in their own words the information that they need to know or do.

### Model teach-back for your peers!



*“Mr. Johnson, as your nurse, one of my top priorities is to ensure I’m explaining things in a way you understand. I want to make sure my instructions about how to take your new medication are clear. Would you mind telling me in your own words how you will take this new medication?”*

Using teach-back can help reduce medication errors, reduce healthcare costs, and improve patient outcomes.

Teach-back is endorsed by the Institute for Health Improvement (IHI), the Agency for Health Research and Quality (AHRQ), the National Quality Forum (NQF), the American Medical Association (AMA) and more.

## Are You Always Using Teach-Back When Providing Patient Education?

### FACT:

Studies have shown that 40–80 percent of the medical information patients are told during office visits is forgotten immediately.



### AND

Nearly half of the information retained is incorrect.

You can help improve a patient's success by remembering to always use teach-back!

Remember to ***always*** ask patients to explain in their own words the information that they need to know or do. If a patient understands, he or she is able to “teach-back” the information accurately.

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## Always Use Teach-Back!

Teach-back can help you:

- Improve patient understanding and adherence
- Improve patient satisfaction and outcomes
- Decrease post-discharge readmissions
- Increase health-related quality of life

Set your patients up for success by always using teach-back!

Ask questions such as, ***“If you had to explain what you just learned to your husband, how would you explain it?”***

Make sure that, prior to discharge, patients understand their instructions and are able to “teach-back” the information accurately!



**Be a team champion  
and always practice  
teach-back!**

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